HEALTHS NEW STORE-HOUSE OPENED,

Offering to

Familiar Uſe

Such Supplies

AS ARE

Moſt wanting and Really needful to Humane Frailty.

By *HEALTH'S Student.*

LONDON,
Printed by *Jane Clowes*, and are to be ſold by *John Sweeting* at the *Angel* in *Popes-head-Alley* over againſt the *Royal Exchange* in *Corn-hill*, 1661.

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To the Reader.

IS it uncivil to advise a Reader? possibly it is: And to little purpose to perswade an unbias'd entertainment of these friendly Aydes: It being the unhappiness of most times, to put off the acceptance of new Discoveries, till 'tis too late, and to leave the benefit to be enjoyed by the next Generation: Jealousie, envy, fear of loss, being oft too strong for Truth: And, if these were not; or could be silent; yet Wit-it-Self is apt to droll away their use.

A Scoff is a leight thing, but often sadly paid for: the Mind highly disdayning to stoop to the embrace of what it hath once despised, though it would save its life: so close is every evil followed with its own punishment.

A merry heart, therefore, joyn'd with Prudence, considers seriously before it judges; thinks thrice before it speaks: and, though apt to jest, yet is most watchfull against injury to any thing, deeming due checks, no bondage.

Why should it be Imagin'd, amidst so much weakness, that nothing's wanting: or, that things more pertinent cannot be supplyed? Or, why things proposed in nature of friendly and powerfull assistance should not be so indeed? These are tendered to familiar use, such as the weakest Women, and smallest Children, may safely take. In such a case as this then, what cause is there of suspicion, but to tast and try, and so put all, past all dispute?

Which may be done alſo without Charge: ſo confident is the preſent keeper of the Store-houſe, which now ſtands always open for entertainment of the Ingenious; and to make good its Title: Read on therefore without ſcruple, and be ſatisfied with the reality of its proviſions, and of the Integrity of

The Servant of your health,

W. W.

Health's

HEALTH'S NEW Store-Houſe Opened.

THough the youngeſt and the ſtrongeſt days of life, are the times to lay in for, and to ſecure, a long-laſting and healthfull Conſtitution, and the times of health, to provide againſt the frequent aſſaults of ſickneſs and diſtemper, yet to moſt of either Sex, the voyce of Experience ſeldome ſeems better then a mockery. Tell them of their daily waſt and expence of ſpirit, of their continual generating within them the ſeeds of ſickneſs & diſeaſes, they hear you not; they are for this Gameſom

ſport ; and t'other wild and violent Exerciſe, and if taken ill, do as others uſe to do, recover with difficulty, with loſſe of blood and Spirits, boaſt of danger eſcaped, little or nothing regarding how deeply their nature is thereby wounded, and ſo remain as unapt for counſel as before.

And yet, as it is the ſureſt way *to eternal bliſs, to remember thy Creator in the days of thy Youth* : ſo is it the moſt certain way, *to the happineſs of this Life*, (which reſts very much in mans health and cheafulneſs) to give diligent heed betimes, to thoſe advices wch reſpect the well ordering of the Body, both as to Diet, Phyſick, and Refreſhment ; and to endeavour after ſo much skill, at leaſt, as to be able to diſtinguiſh between *pure* and *impure*, *proper* and *improper*, *unto man*; who being of Creatures next unto the Angels, both in his intellects and conſtitution, ought to aim at ſo effectual and ſo refined a Diet, that the facultie of his Soul, may be accommodated with ſo exquiſite a Spirit and ſo clear a Body, that there may be a perfect Harmony in the whole *Man*.

And as theſe Conſiderations are moſt needful in time of Youth, in which the moſt are apt to ſet light by all things which moſt concern them ; ſo are they not to be neglected by thoſe of riper years, who commonly are ſo much wedded to their cuſtomary wayes, that if they keep themſelves but any thing hearty and free from pain, deem their Diet good, and themſelves well enough ; though they are either ſad and melancholy, fearful, ſuperſtitious, fretful, paſſionate, covetous, violent, and revengeful : All which may proceed (and doth commonly) from the impropriety of Spirits in what they feed on, or uſe for helps ; and might be o-

ther-

therwiſe without difficulty, to the much more comfort of themſelves and their relations.

Nor are the Elder ſort unconcerned herein: it being too much from that ſcrupulofity which dwells in them, and their diſtruſt of all new Diſcoveries; which makes the younger ſort ſo unapt to give ear, or credit, to Counſels of this nature: What? (ſay they) have we lived to theſe years, and do we not know what's good for our ſelves? and this too, though they are full of infirmities, of which by new Aids they might be diſcharged; forgetting alſo that no mere man was ever yet too old to learn.

But hence it is, That although both Diet and Phyſick, in their beſt and largeſt forces, do but weakly perform their offices; the firſt of Suſtentation, the other of Reſtoration; and, that mans health (which is ſo great a part of his happineſs) is ſo weakly defended, that the ſtrongeſt are ſoon brought upon their knees, whil'ſt the weak and ſickly in their firſt illneſs (the time which makes or marrs the cure) betaking themſelves to dull putrid, and burning helpers (for want of what's ſafe and kindly) inſtead of help betray themſelves to further miſchief. Yet all *Tenders* of farther improvement either to Diet or Phyſick, or other Ayde, though never ſo needful, pretious, and effectual, are hardly and ſowerly entertained; and under ſuch regardleſneſſe, as if there were nothing but delution in men, or an impoſſibility of adding any advancement to the imperfit Art of Health.

Through which unpreparedneſſe, averſneſſe, and indiſpoſition to receive with gladneſſe and gratitude, the productions of the ſtudious, it is, That although the defects in Phyſick, Diet, &c. are ſo manifeſt, that the

moſt

moſt Skilful profeſſe they believe, *the far better part lies undiſcovered*: yet to make any conſiderable ſupplies, it ſufficeth not by Study, Labour and Induſtry, to produce things excellent and neceſſary; except all poſſible means be likewiſe uſed, to make their virtues and effects publickly and throughly underſtood, and that in ſuch ſort, as to convince all ſcrupulous gainſayers.

Theſe (and ſuch like) are the cauſes of the preſent Opening of this new Store-houſe of Health, the cloſe keeping thereof being of little more advantage then a Candle ſet under a Buſhel.

The new Aids therein preſented, are in an allowed and Phyſical ſenſe Spiritual, untainted, friendly and powerful, as being propoſed for an immediate aſſiſtance unto that natural ſpirit of man, by which the Soul is united to the Body, and which maintained in its right eſtate and condition, ſuſtaineth all its infirmities: ſo as this aid is proportioned for ſupply of thoſe Forces and Powers, which both Diet and Phyſick hath hitherto but faintly furniſhed; for though *properly* they are neither Phyſick nor Diet, yet are they in aid of both, by ſtrengthening appetite and diſgeſture, by rectifying and quickening all the natural faculties, by opening and clearing all the moſt ſecret paſſages of the Body: and either ſpeedily diſcharging the Diſtemper, or laying a ſure foundation for farther help: beſides, by their benign qualities, and true Humane Temperature, they are the moſt acceptable Food of the ſpirit, the joy of the Heart, and delight of Life; and, as the genuine heat of the Sun brought into the inward parts: ſuch and no other are their heat and comfort.

And

And through whoſe variety and ſpecifique vertues, hardly any diſtemper can befall, but there is amongſt them for fit relief, even in all diſtreſſes and occaſions; and that with ſuch ſafety and innocency, that although they have been frequently uſed by the weakeſt, both of men, women and Children, in their moſt weak and ſickly eſtates; yet never any thing but good was ever received from them: ſo as theſe arrive happily to take place of all burning, drying, and impure helpers, ſo much complain'd of in former times, yea and warn'd againſt (though little regarded): as in theſe and the like ſenſible expreſſions. 'I adviſe the healthy (much more the 'weak) to beware of thoſe burning liquors, which be-'guile the unadviſed World (chiefly in times of mirth 'and refreſhment): The Life of man (or his Spirit) is 'in the Blood, which Blood is mild, and quickly dry-'ed up with violent heat.

'Such as the Blood is, ſuch are the *Spirits* (for 'they iſſue from the Blood it ſelf) and ſuch as the Spi-'rits are, ſuch is the temper or diſtemper of the Brain 'and Heart; and ſuch as the Brain is, well or ill diſ-'poſed, ſo alſo are the virtues of Imagination, Under-'ſtanding, and Memory.

Proper and true humanized helps to Diet and Phyſick (ſuch as theſe), are therefore of more moment then can ſuddenly and curſorily be imagined: 'For, as 'another learned one ſaith, The Meat and Drink which 'we Diet on, or at leaſt the better part, is terminated 'into humours, and at laſt into *Spirits*, by whoſe effi-'cacy, the Fleſh, Nerves, Bones, and all parts of 'the body are nouriſhed, and augmented, and do, by 'the never-tyred work of ſupply, repair decaying na-'ture. Of ſo great uſe are *Spirits* to the body; and ſo exceed-

'exceedingly beneficial are al kindly means,wch increaſe
' and improve them: The truth is,in that warfare which
' is maintained all our life-long, twixt health and ſick-
' neſſe,the main Agents in our defence are our natural
' Spirits ; yea ſo material unto life,have the wiſeſt ever
' deemed them,that they have aſſigned them to be like
' little indiſcernable Chains. ' To unite and faſten the
' Soul to the Body, and which diſſolving, the diſſoluti-
' on of the whole Fabrick ſoon followeth.

Which office and effect of *Spirits*, whoever duly weighs, will ſoon perceive, that as nothing is or can be of greater importance to mans health, than the plenreous contribution of Genuine and Benign Spirits ; ſo alſo that the true Improving Virtue of all things taken into the Body, dependeth upon their verſion to the true Humane Temperature. Which being the peculiar qualification and proper work of thoſe Moderate Spirits with which this little Store-houſe is furniſhed, renders them moſt kindly and powerful aſſiſtants to Humane Frailty, and an improvement of the Art of Health; of great importance, and not to be deſpiſed.

Having thus expreſt ſufficient to induce a belief, that they are ſuch an aſſiſtance to mans Nature as is really wanting, needfull and effectual for ſupply of the daily waſt and expence of Spirit, for heightning and rectifying of Diet, Medicine,and Refreſhment, and for relief in all neceſſities and extremities : Take a view of them in their particular Titles, Vertues, and Uſes, as followeth : And as

They

They are alwayes to be had, at the *Star* in the *Poſtern-Street*, joyning to little *Moor-fields*, viz.

	l.	*s.*	*d.*
1. *Amicus Vitæ*: Good in all Surfets, Colds, Agues, &c. at the Pint.	00-	01-	00
2. *Sanguis Vitæ*: In all Diſtempers of Stomach and Bowels, at	00-	02-	00
3. *Adjutrix Vitæ*: To procure Appetite and Digeſture: A pleaſing Cordial.	00-	02	00
4. *Vis Vitæ*: For Dropſie, Scurvy, Spleen, Wind, Gravel.	00-	03-	00
5. *Succus Vitæ*: For Convulſion, Palſie, Falling-ſickneſſe, &c.	00-	05-	04
6. *Lac Vitæ*: For Rickets, Wormes, Green-ſickneſſe, Mother-Fits.	00-	05-	04
7. *Radix Vitæ*: In Coughs, Shortneſs of Breath, Paſſions of the Heart, Vomitings, Looſeneſs, Gripings, &c.	00-	06-	00
8. *Nutrix Vitæ*: For Conſumptions Defluxions; a great ſtrengthner.	00-	08-	00
9. *Salus Vitæ*: For all Caſes, Infections, Peſtilential, or Dangerous.	00-	08-	00
10. *Medulla Vitæ*: For Waſtings, and all Weakneſſes.	00-	12-	00
11. *Delicia Vitæ*: Againſt Sadneſs, Melancholly; a great Reviver.	01-	00-	00
12. *Stella Vitæ*: (Not ſo milde) in Swounings, and all Extremities.	00-	12-	00
13. *Ignis Vitæ*: (Very high) in Lethargies, Dulneſſe of ſight, &c.	00-	16-	00

There

There are alſo divers others.

A S,

Spirits of *Oranges*, *Lemons*, *Cinamon*, *Cloves*, *Roſemary*, *Angelica*, *Mint*, *Saffron*, *Bawm*, *Clary*, *Wormwood*, *Mace*, *Nutmegs*, &c. the vertues and uſes whereof are ſo generally known, as needs no information.

All extracted with ſuch ſpecial regard to the truehumane Temperature, as renders them of ſingular uſe in all conditions, eſpecially to ſuch whoſe weaker Conſtitutions require Mild and Gentle Helpers; being called *Spirits*, not for their Heat, but from their ſublime Purity and Vivacity, which are more *Spiritual* Qualities, and through which their Operations are not forcible and violent, but (like Benign Influences) quiet, ſecret, ſure, and moſt effectual.

So ye have here a large variety of powerful Aſſiſtances to humane Frailty, with whoſe virtues, who ever throughly acquaint themſelves, may eaſily and pleaſantly recrute their continual expence of Spirits, and (in their familiar uſe) add ſtrength and vigour to their uſual diet; ſolace and recreate themſelves with real advantage to their healths, and ſupply all ſudden exigencies without fear of after-inconveniences.

Thoſe now, who know not by ſad experience, the difficulty of gaining credit to truths of this kind, might well ſuppoſe enough had already been expreſſed; to perſwade at leaſt a taſt and tryal of theſe, if not a fair and clear acceptation: But ſo great a prejudice againſt

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new Diſcoveries, remains upon the minds of the moſt by abuſe of Deveivers: That what hath been ſaid in their behalf, will hardly prevail for ſuch a reliance upon their uſe, as their virtues really deſerve: Therefore to ſilence all oppoſers, and to obtain their chearful embracement; take here the ſure teſtimony of ſome inſtances of their happy victories and ſucceſſes in divers remarkable caſes and conflicts. Wherein though the Studier and Producer of them have much to ſay for daily benefits to himſelf and relations (too numerous to recount): yet knowing, whoever duly weighs the other inſtances, will eaſily conclude, They muſt needs have been moſt ſerviceable, where they have been moſt employed: he refers wholly to their other performances and cures elſe where.

The firſt of which ſhall be of a *Child* about four years old, that had long time been extream ill through a Feveriſh Diſtemper: The Parents uſing the advice of Phyſitians and all good means for recovery, yet prevailed nothing; ſo that the Child was utterly waſted, and no hope of Life remain'd; his Father hearing of theſe *Spirits*, deſired he might try ſome of them; ſo he took a Glaſs ſomewhat like a ſucking-bottle, holding about a quarter of a pint of the *Radix Vitæ*: Which the Child liking, kept it allwayes in his hand and fell to ſucking of it a little and a little continually, and grew ſomewhat lightſome upon it; the Father ſeeing it, beſtowed as much more upon him, which he took in like manner; and after that as much again, with which, through Gods bleſſing, he became perfectly well.

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of phyſick by Counſel of phyſicians ſhe had uſed, but left hopeleſs of all. She underſtanding of my ſpirits, ſent for about a pint of the *Radix vitæ*: and a while after that another: and ſoon after that another: by the uſe whereof continually a little and a little, ſhe became hearty and well again. But near upon a twelvemonth after fell ſick again, and then timely betaking her ſelf to the ſame remedy, ſhe with ſomewhat a leſs quantity recovered. And again about a year after that falling ill again, by the very ſame means again recovered and continued well for about twelve or fourteen moneths, as well as her years conſidered could be expected.

The third I ſhall inſtance, is a *Young Gentleman* a ſtudent belonging to *Cambridge*, in ſo deep a melancholly of minde, ſo diſordered a body, and ſo dejected and perplexed a countenance, as can hardly be imagined: ſtomach, and head, and ſpleen, and liver, and bowels, and heart it ſelf, all confounded: was quite wearied with phyſick and utterly hopeleſs of remedy; his underſtanding being exerciſed in nothing ſo much as in proving to himſelf an impoſſibilty of recovery, and in thwarting all reaſonings to the contrary. He was brought unto me by one who had a very good eſteem of my ſpirits: he was very unapt to diſcourſe with me, taking no pleaſure to ſpeak at all, ſo as I was fain to fall into a continued diſcourſe for a good ſeaſon, ſhewing ſome grounds of a hopeful progreſs towards ſuch effects as in probability could not fail in ſome reaſonable time, even inſenſibly and pleaſantly to reſtore him to his native (or a better) temperature. It wrought quick and effectual with him, for he was of a ſharp and ſuddain apprehenſion. We fell into

full

full discourses: and he became willing to taſt my ſpirits which appearing above what he had conceived of them, he became ſuddainly full of hope, and ſo fell into the uſe, principally of the *vis vitæ* and Roſemary which indeed were very proper for him: he uſed of them about three moneths time, yet in no great quantity; but ſuch an alteration did it produce in him, ſo ſprightly confident, diſcreet, and manly, ſtrong, healthful, and chearful, that there could not be more difference between any two men, then was between what I ſaw him at firſt, and what he was at laſt, to the joy and comfort of himſelf and all his friends; for which the Author of all means of health be ever bleſſed and magnified.

The fourth Inſtance, ſhall be of a man of middle age; who had been a long time under an extream ſickneſs: and had uſed much means with advice in phyſick, but ſtill became worſe and worſe. A friend of his who had taſted of my ſpirits, recommended their uſe unto him as what was likely to do him good; ſo I received a letter (it being many miles from *London*) wherein I was made acquainted with his ſad condition whereupon I ſent him a pint of *Radix vitæ* & a quarter of a pint of *Salus vitæ*, with directions for their uſe: he was to take them in leſs then a weeks time, the which he did: in all which time he found no great alteration, but immediately after there came powring from him upward (not like vomitting being wholly without pain or ſtraining) ſuch abundance of thickned ropy flegm as was incredible; ſoon after which he became throughly well and hearty.

A fifth, I ſhall Inſtance, is of a Woman about the age of thirty, taken with a moſt violent pain about her heart,

which continued with such fierceneſs that ſhe thought her heart would rend in pieces: ſhe ſent for a ſmall quantity of *Radix vitæ*, little more then an ounce; but her husband coming home and seeing in what state ſhe was, ſent for half a pint, and cauſed her to take plentiful of it until ſhe had by degrees taken it all: upon which ſhe became compleatly well that very night, and continued ſo without any the leaſt ill effect following. Which I the rather urge becauſe ſome abuſive Artſmen envying their effects, have detained divers from their uſe, affirming, that although they give eaſe, yet ill effects follows; which is not in any meaſure true: for in whatſoever caſe I have uſed them, either alone or mixt, I never perceived the leaſt bad effect, nor ever heard of any from any that ever uſed them; nor ever was I entertained with any pretence of after-claps, but from the party laſt mentioned, that was cured by the *Radix* and *Salus*: he indeed being brought to me by his friend many moneths after, thanking me for the good he had received; his friend with a tragical countenance interrupting him, ſaid, Indeed he had been cured by what was ſent him, but yet a ſtrange thing followed upon it. I liſtened ſomewhat carefully what it might be, as being very ſtrange to hear of any ſad effects: whereupon he ſmilingly told me his wife had brought him two children at a birth, and ſo ended the ſad ſtory, which I relate to convince the envious of their folly, and to clear my Spirits from ſuch abſurd Aſperſions.

An other Inſtance, is of a young Child extreamly weakned with long ſickneſs, feaveriſh, and exceedingly ſtuffed in the breaſt and ſtomack, with a continual Cough, and refuſing all ſuſtenance: the Father being well

well acquainted with the vertue of my *Lac vitæ* gave some of it to the child, and though it be not of the most pleasant taste amongst them, yet the child fell in love with it, and continually lay sipping of it, and so continued till it became perfectly well. The Father of this child imputes much of his own health thereunto also; and hath done to divers very much good with it: Amongst others, being where a boy had burn'd his eyes with Gun-powder by a squib, and divers means being used to quench the heat & inflammation which so exceedingly pained the boy, that he roared again; This tender-hearted man grieving to see him in such misery, bethought himself, that certainly that which hurt not a child taken inwardly, but did so much good to the inward parts, might be as good for the tendereſt outward parts; so fell to bathing the boy's eyes therewith, which suppreſt the heat immediately and gave him ease, when other hopful things, usual in such cases, had been applied in vain.

An other Instance I have of one of middle age, who upon the least taking cold a Cough seizes him with that extremity as brings him to Death's door, being of a Consumptive body: but having alwayes in readiness, either the *Radix* or the last named *Lac vitæ*, he enjoyes an indifferent state of health.

An other Instance, is of a Gentlewoman in Labor long and tedious, and at length so spent as her friends feared both mother and child; all usual cordials failing, which being understood by a most noble person he sent for a small quantity of my *Radix vitæ*; which taking both she and her child were instantly in the desired condition, and this with the value of so small a parcel of mony as a six pence: which I recite, because the envi-

ous diſcourage many from their uſe by ſaying, They are chargeable. Indeed, they are pleaſant and of familiar uſe, and may by an exceſſive uſe be made chargeable; but ſo ſmall a quantity does ſo much good, that if adviſedly uſed, I believe thoſe who repine at their ſucceſs could hardly produce cheaper phyſick in ſuch diſtreſſed caſes.

An other Inſtance, I have of a middle-aged Woman in a moſt ſad and dismal condition much like the *Cambridge* ſcholler before-mentioned. A friend of hers that had of my *Sanguis Vitæ* for his family, gave her a taſte of it; which ſo much revived her that ſhe deſired him being to come for *London*, to acquaint me with her condition, which he did. And I ſent her a pint of the ſame with directions how to take it; eſpecially to hold it in her mouth long, before ſhe ſwallowed it (which I find of great benefit in all): ſhe took that, and ſent for more, till ſhe recovered into a very happy and chearful ſtate of health, both in body and mind.

An other inſtance, is of a woman ever apt to miſcarry being young with child, and ſubject to pains and weakneſs in the ſmall of her back, I gave her only two ounces of the *Medulla vitæ*, which ſhe was to take a good ſpoonful at a time in a meſs of Oatmeal, and milk to her breakfaſt every morning, which without more help ſetled her in a good condition, and the next birth ſhe had was of two hopeful boyes at once.

An other of a gentleman of quality and far in years, about fourſcore, and though of a good and wary diet; yet exceeding impotent in all his faculties, weak appetite bad diſgeſture, his breath tainted, ſhort, and unquiet ſleeps; with much difficulty retaining his water, drooping

drooping countenance, and very feeble in all parts who by the continual use night and day of my spirits for near upon two years, obtained good appetite and strong disgesture, and so apparently renewed in all parts that he became the wonder of all that knew him; & I am confident could not by any perswasion be drawn from the use of them, which some endeavouring to do by telling him that his body being used to them will always look for them (which is another way of pollicy some use to withhold people from their use) his answer was that he was glad his body lookt for that which did him so much good; & that it should not want thereof so long as he could supply it, and so instead of being diswaded, perswaded all his friends to the timely use of them. He took about four spoonful, at four in the afternoon, and as much constantly after his first sleep in the night.

7. Another is of a gentleman who having for a long journey furnished himself with a long strong (pillar fashioned) glass of the *Radix* (as he had formerly done) towards the end of his journey, fell in company of a Minister and his wife whose horse threw her so dangerously, that they feared she could not live but forcing her to take a little of the *Radix*, she began to revive but when they would have her take more; she could not be perswaded till she was assured it was no common violent water, so taking more of it, she became perfectly well.

Another is of two gentlemen falling extream ill upon the road, in so much that it was thought impossible they could go on their journey, a friend of theirs having about him a glass of the *Radix*, recovered them perfectly in an instant.

Another inſtance is of a gentlewoman of middle age often over toyld with buſineſs, and at ſuch times oppreſſed exceedingly with winde, weariſomeneſs and pains in head and ſtomach who finds continual benefit and relief by the conſtant uſe of the ſpirit of *Roſemary*, drawn in its perfection.

Another is of an ancient woman, who for ſome years hath freed her ſelf from extremity of winde, and through Gods goodneſs lives comfortably by the conſtant uſe of the *Vis vitæ*.

Another of a gentleman, who having always a caſe of moſt of the ſorts of the ſpirits; hath very often freed himſelf his wife and children from many ſore and threatning fits of ſickneſs; and as he believes ſaved much mony by the bargain.

Another inſtance, is of an ancient Gentlewoman above fourſcore years old, who being never without ſome of theſe ſpirits maintains a quickneſs of wit and judgement with good health beyond imagination.

Another is of one who having an ancient friend long troubled with weakneſs and ſickneſs, perſwaded her to uſe a pill which had often done him good; and withal adviſed her to take immediately after it a ſmall quantity of the *Radix*, and more at diſtances of times which ſhe did; and profeſſed that though the pill wrought much yet ſhe was rather ſtrengthened and more hearty that very day then ſhe had been of long time, and ſo continued.

Another is of an elderly woman, who being under an extream fit of the mother; her husband forced her to drink largely of the *Vis vitæ*, and recovered her to both their wonders.

Another inſtance, is of a gentlewoman about thirty,

that

that by much weakneſs, ſickneſs, and an ..pty dry Cough, having withal paſt through the whole courſe of Phyſick, and even hopeleſs of recovery, being recommended to the uſe of theſe Spirits (by one who had received much good by them) uſing of them about four moneths, recovered beyond all expectation.

Another inſtance is, of a Girl about ten years old, in an extream Feaver, with Thirſt, ſhortneſs of Breath, Cough, with tough Flegm, and vehement Pains in her ſide; yet in this ſad caſe found no relief, like to what ſhe had by continual uſe of the *Radix Vitæ* day and night, for it cool'd and quenched her Thirſt, ſtayed her Cough, ripened her Flegm, removed her Pains, and ſhe recovered without bleeding, which every one that ſaw her, thought impoſſible.

Another inſtance, take in the expreſſions of a Letter written to the Author, from a Perſon of very perfect credit: as followeth,

'Our Dear Friend, Mr. of was lately ſick to extream peril, & ſundry hazardous faintings, 'neither could his Doctors, though two of them, and 'thoſe moſt eminent in their profeſſions, find out 'means to perſwade his pallate, to approve, or ſo much 'as endure the taſt of ought they could adminiſter, until 'his wife put him in mind of your *Radix Vitæ*; and 'her ſtock being utterly ſpent, ſhe makes an addreſs to 'me, if I had any to ſupply it, if none, to ſend for it; 'well, it was my happineſs to be able to ſupply once, 'again, and the third little Bottle of ſome four ounces: The next news I hear, the Gentleman is well, 'and the Doctors upon taſt and experience, approve 'and admire the uſe of it: And I bleſs God for his 'Mercy that I had it for them.

And for a close to all: the last instance shall be of an Honourable Person, who was much exercised in the Art of *Chimestry*; A Person of great worth that had good esteem of the Spirits, desired he would please to go with him and tast them, which somewhat unwillingly he did; being there, the Gentleman that brought him, took two or three Glasses freely down, but could not prevail with his Noble Friend, so much as to tast or sip of them, until he perceived he was troubled at his coyness; then he tasted very nicely of one of them, then drank it down, after that another, and another, and was so taken with them, and is to this day, that he hath made such profession of their pertinency to mans Health and Prolongation of Life, that its evident he deems them the highest of Arts attainment; affirming that he hath tasted he is confident, the best that either this Nation, or *France*, or *Spain*, or *Italy*, *Germany*, or the *Netherlands* affords, yet never found any so pleasant, so powerful, and so friendly to mans Nature, as these are, and ingeniously acknowledged that his averseness to tast them was, for that he thought it impossible they could exceed what he had elsewhere tasted, his after commendations resembling that of *Ulysses in Homer.*

Had you the Odour Smelt, and scent it cast,
It would have vext you to forbear the tast,
But then (the tast gain'd too) the spirit it wrought.
To dare high things, set up an end my thought.

And I could for a farwel, tell a true story of some young Gentlemen, who have found out the right use of these Spirits, fortifying their Nature therewith, a-

gainst

gainſt the accidents attending early riſings, late ſittings up, Colds, Heats, unſeaſonable Diet, toyliſome buſſling in Buſineſs, and continual diſcourſe, which their occaſions ſubjects them to; all which they paſs through with ſuch Celerity and Pregnancy, in ſuiting to all Perſons and all affairs, that it may be rationally ſuppoſed, the expence of forty or fifty ſhillings in theſe may advantage them ſome hundreds of pounds yearly, beſides the benefit of their health, the greateſt of Temporal Bleſſings.

And now having thus ſtrewed their way with ſome of the Roſes ſprung from their own virtues; It may be rationally hoped, that whereſoever they are henceforth ſpoken of, they will be treated as true and uſeful Friends: There being not the leaſt circumſtance here related, but what is reall truth, and can ſo be manifeſted in few hours time paſt all diſpute: But if jealouſie ſtill remain; It muſt be concluded to proceed from their covetous Phyloſophy whoſe fear of loſs, though from never ſo groſs and putrid things, is cauſe enough to blaſt and ſtifle all new Diſcoveries, though never ſo much wanted, or tranſcendently Beneficial: There being

No Enemies to true Science,
Like Arts-*men without Conſcience.*

How far otherwiſe they may be of uſe, theſe inſtances well weighed will ſufficiently inſtruct, and Miniſter good grounds to believe that hardly any perſon of any quality, but firſt or laſt, at one time or another, may have ſpecial ſervice by them: For who is there that waſteth not daily their Natural Spirits? Who is there that

that is not liable to the aſſaults of time and accidents? Who almoſt that feeleth not at leaſt the approaches of ſome infirmity or other? Who then would be without ſuch kindly and effectual helpers, as thoſe have approved themſelves?

And although, for every one to carry a ſmall Glaſs of the *Radix* or *Salus* alwayes about them, might ſeem ridiculous to youth and daring Spirits: yet that Authentick *Poem*, both checks that humour; and (thus) highly warrants ſo diſcreet a practiſe.

Canto. 6. 12.

Make way, ſaid he, and give experience room;
The Confident of Age, though youth's, ſcorn'd guide
My wounds, though paſt, out-number yours to come
you can but hope, the knowledge I have try'd.

His Hilts round pomel, he did then unſcrew,
And thence (which he from Ancient Precept wore)
In a ſmall Chryſtal, he a Cordial drew,
That weary LIFE could to her walks reſtore.

And as they are thus approv'd, ſo where great Magnificence and Delight draws multitudes together, were they there ſo familiar as *China Oranges*, the fancy would be infinitely advanced, and Nature ſecured from all fainting accidents.

But where there is daily large and great expence of Spirit, there they are abſolutely neceſſary; As after any ſtreſs of the Body, long and careful Studies, earneſt and loud ſpeaking, in early riſings, and late watchings, violent exerciſes, hazardous walkings, and dangerous

gerous visitations of sick people, or in crowds and steaming breathings of multitudes; And where damps and noisome vapours are to be feared, such as have sometime befaln at Goal deliveries, where for want of help at hand, many of all qualities have been snatcht away in a moment: in voyages of Sea, or journeys by Land or Water, their use is singularly necessary.

They would be also infinitely useful at the Bath, where (as Doctor *Venner* in his Learned Discourse observes) much prejudice is received by the common use of things, ordinary putrid, and burning, to the great disparagement of those admired Fountains, whil'st the tenderest constitutions and weakest people, might be familiar with these, and continually refresh themselves without any after inconveniences.

As advantagious also would they be, were they relyed upon, in the use of *Tunbridg*, *Epsome*, or *Barnet* Waters, where frequently are incurred, most sad inconveniences for want of such mild, safe, proper and powerful helpers.

And if it should be affirmed, that they are more useful in Physick divers wayes, then can suddenly be imagined; and more proper for variation and advancement of Cordials and Cordial Juleps, Electuaries, *&c.* than any thing extant, and that they deserve to be well considered, and well studied to those intentions, 'tis no more but what frequent experience would strongly plead for.

Much more might be insisted on, but to multiply, were to doubt the progress of ingenuity.

POST-

POST-SCRIPT.

AS touching the quantity that may be taken of them, except the Stella Vitæ, *and* Ignis Vitæ, *a child may take one, two or three ſpoonfuls, as diſcretion will direct; and ſometimes more, allayed with Sugar does well; women in labour have taken in two hours time, two ounces of the* Salus, *and may of any other of them as ſafely: and to ſhew clearly their In-offenciveneſs and Innocency; It is frequent with Friends ſitting and diſcourſing familiarly together in two or three hours time to drink their quarterns, half pints and more a piece with great delight and after-contentment.*

The Stella *and the* Ignis, *may be taken a ſpoonful or two or more, without danger, if the Parties can take it.*

Upon the Inventor of the Moderate Spirits.

WIt went wool-gathering theſe many years,
And *Englands* Hippocrene was turn'd to tears.
The Muſes choak'd with ſmoak and foggy Ale
Croaked in Styx: but now a wholſome gale
From th'Authours Spirits, ſo refreſheth us
That we may ſtyle him *Englands* Pegaſus,
Reſtorer of the Heliconian ſpring,
Where the revived Siſters chirp and ſing.
Where's Phyſick for to cure our feeble age
Of Surfets from the crambe of the ſtage,
And keep our Laurel green, that actors lack
No more ſupplyes from the *old ſons* of ſack.

W. ROWLAND. M. D.

Upon

Upon Mr. *W. W.* his incomparable *Moderate Spirits*; The happy Ammunition of this new Store-houſe.

IN Surfets, Agues, or when Cold doth nip,
Of ſweet Anicus Vitæ, *take a ſip.*
If in thy Guts or Stomack thou perceive
Any diſtemper; Sanguis *will releive.*
If Heart be faint, or if thy Meat thou loath,
Call for Adjutrix, *ſhe is good in both.*
In Dropſie, Scurvey, Gravel, Spleen, and Wind,
Keep to Vis Vitæ, *and thou cure ſhalt find.*
In Falling-ſickneſs or Convulſion
Make Succus Vitæ, *thy Companion.*
In Rickets, Worms, Green-ſickneſs, Mother-fits
Lac Vitæ *'s beſt, and each diſtemper hits.*
In Coughs, ſhort Breath, Vomiting, Looſeneſs, Pain,
Take Radix Vitæ *if thou cure wilt gain.*
In a Conſumption if thou'lt ſave thy Purſe,
Let pleaſant Nutrix Vitæ *be thy Nurſe.*
In Plague time or in great infection, note
That Salus Vitæ *is* the *Antidote.*
Is thy Back weak for which dame Nature groans?
Medulla *take, ſhe's marrow for thy bones.*
Doth Melancholly, Grief, or Care oppreſs,
Make rare Deliciæ *thy Miſtreſs.*
Keep Stella *by thee if to ſwound thou'rt bent,*
And Ignis *if thou'lt Lethargyes prevent.*
If theſe thou haſt, or them to Sea doſt carry,
Thou art both Doctor and Apothecary.
They'r cheap and by experience wond'rous rare;
Buy them: or wiſh at Sea, thou hadſt them there.

W. ROWLAND. M.D.

To

To his honoured Friend, the Aut[illegible]ur, *upon his uſeful Book, and admirable Life-preſerving* Spirits.

FOR many years dull *Ignorance* did keep
The *hood-wink't* world in lazie, careleſs, ſleep:
Poor *Mortals* then deſir'd to know no more,
Then what was known two *Centuries* before
They breath'd this air: Then did all ſecrets dwell
In the obſcure *receſſes* of a *Cell*;
All learning likewiſe (if there any were)
Took up a quiet, retir'd *manſion* there;
Then *Ignorance* and cold *Stupidity*
Triumphing ſat in greateſt Majeſty.
But afterwards pure *Learning*'s riſing *light*
Diſpell'd the ſhades of this obſcurer *Night*,
This foggy *night* of loathſome *Ignorance*,
And once again did bravely re-advance
Philoſophy, and all her radiant Rays,
Producing a clear *Skie* of *Knowing Days*;
Which ſtill are croſt with the unhappy *Fate*
Of thinking all things bad, but what the *State*
Of *Learning* (though in darker times) contriv'd
Long ſince; condemning all, but what hath liv'd
In the old Volums of the *Stagarite*,
Or in thoſe other *Galen* once did write.
If to the *Ancients*, ancient times had been
So inauſpicious, our Dayes had not ſeen
Their many *new inventions*, which did grow
From long, and try'd Experience; for know
Their rare productions *new inventions* were,
When they did write them, and remained here.
Let then our knowing and quick-ſighted dayes
Be kind to ſafe (though here un-practiſ'd) wayes

Of

Of health; condemn them not, except thou ſhew
Some other reaſon; then, *becauſe they're new.*
New Aids were wanting; Theſe are a large ſupplie,
Who e're denies it, doth the truth defie;
Yet think not, *Sir*, your Mod'rate Spirits ſhall,
By ſelfiſh Int'reſts be approv'd at all,
They being poſſeſt with Qualities ſo rare,
As to exhale their profit into air:
Your *matchleſs Spirits* were (for ought we know)
The true *Ambroſia* and the *Nectar* too,
Antiquity doth ſo applaud, which *Jove*
And all the other *Powers* ſo much did love.
These quickning Spirits I am almoſt bold
To think reſerv'd were, till the world grew old
By *Providence*; for if they had been known
Long ſince, the world to ſuch a bulk had grown
By their Life-ſtrengthening vertue, that it might
E're this (perhaps) have ſunk with its own weight.

WILL. SMITH, late of C. Hall, Cam.

Upon certain knowledge of the Uſefulneſs of theſe Spirits in Diet, Phyſick, and Refreſhment.

I *Muſt confeſs if I but ſpeak what's right,*
They are the neateſt ayds e're brought to light.
Galen *or* Paracelſus, *were th'alive,*
VViſhing (as ſure they did) the Art ſhould thrive,
Gladly would entertain them, as the juſt mean
Highly to ſtrengthen man, yet ſhun th'extream
Of an unkindly heat, and them commend
To general uſe, as bound more to intend
Their Patients welfare, than the vaine eſteem
Of being ſole Authours of what e're were ſeen,
VVe know for want of ſuch how moſt abuſe

Their

Their healths with putrid things of common uſe;
At which who wink, and paſs it ſilently,
Are guilty of thoſe ills which come thereby;
Whereof I am reſolv'd my ſelf to free,
And to promote what's good whos'ere it be.

R. B. M.

An Experimental Probat of theſe exquiſite Spirits.

IS it not a fair deſign,
To advance the Muſes nine,
Above the heigth of richeſt wine,
Now in wit's obſtructed time?

Rare have been th'effects of Sack,
But, or the old Writers ſtill we lack,
Or why? no more of thoſe? alack!
Sack can no more, though brain ſhould crack.

Yet for ſupply, loe here you have
A fountain, will *wit's credit* ſave.
Of this new Helicon, then freely Lave,
And Merit All, True Poets crave.

W. N.

On Mr. *W. W.* his Gentle Spirits.

OF all thoſe Spirits which the Chymic Art,
Or the Apothecarie's ſhops impart;
For Pureneſs, Mildneſs, Taſte, and Vertues rare,
There's none that with theſe Spirits may compare.

Auguſt 27. 1661. WILLIAM RAND, Dr. of Phyſick and the Liberal Arts.

FINIS.